



2019 QWA League Format and Rules

The object of the QWA League is to provide a competition in which weightlifters compete against others with similar levels of ability and within a competition environment where personal best performances are highly valued.

Entry Conditions and Participation

To participate in any round of the Uesaka Barbell Australia 2019 QWA League, a person must:

- Be a current financial member of the Queensland Weightlifting Association;
- Complete the entry process online via the QWA website using a QWA Online Account.

The 2019 QWA League will consist of three rounds and a Grand Final.

Participation in each round is limited to 70 competitors per day. Entry quotas will be managed by the Online Entry System. Entries open six (6) weeks prior to the closing date and close 3 weeks prior to the competition date or when the maximum number of entries is reached, whichever comes first. No late entries can be accepted.

At each Round, lifters who are classified in Division 1 and Division 4 will be scheduled to compete on the Saturday; and lifters who are classified in Division 2 and Division 3 will be scheduled to compete on the Sunday.

Entrants may swap sessions with each other provided that both entrants are the same gender and they notify the QWA office of the swap no less than 5 days prior the commencement of the competition.

Participation in the Grand Final is limited to the fifteen (15) highest point scorers in each of Division 1, Division 2, Division 3 and Division 4, based upon the sum of the individuals' highest two scores from the three competition Rounds.

	Round 1	Round 2	Round 3	Aggregate Score
Example 1	63 points	51 points	48 points	63+51 = 114 points
Example 2	46 points	Did not compete	52 points	46+52 = 98 points
Example 3	Did not compete	70 points	Did not compete	0+70 = 70 points

Classification of Competitors

The QWA League contains four Divisions. Lifters are classified according to their best official competition total achieved after January 1st 2017, expressed as a percentage of the World Record Total (WRT) relevant to their bodyweight category.

The following classification standards apply:

Division 1: greater than 50.00% of WRT

Division 2: greater than or equal to 43.00% of WRT and less than or equal to 50.00% of WRT

Division 3: greater than or equal to 36.00% of WRT and less than 43.00% of WRT

Division 4: 0% of WRT and less than 36.00% of WRT

Individuals who have not previously recorded an official competition total, i.e. their first competition is a 2019 League Round, will enter to lift on the Saturday and be classified at the end of the competition according to their result on the day.

All lifters remain within the Division in which they are initially classified for the duration of 2019 regardless of any change in their level of performance during the year.

Scoring

QWA League scores will be calculated in the following manner:

Percentage of World Record Total

The competitor's final total is calculated as a percentage of the relevant current World Record Total.

The final total divided by the World Record x 100 = Percentage Points.

Personal Best Bonus

Additional points will be awarded for equalling or exceeding Personal Best results according to the following scale:

Heaviest Snatch equalling Personal Best	1 Point
Heaviest Snatch exceeding Personal Best by 1kg	2 Points
Heaviest Snatch exceeding Personal Best by 2kg	3 Points
Heaviest Snatch exceeding Personal Best by 3kg	4 Points
Heaviest Snatch exceeding Personal Best by 4kg or more	5 Points
Heaviest Clean & Jerk equalling Personal Best	1 Point
Heaviest Clean & Jerk exceeding Personal Best by 1kg	2 Points
Heaviest Clean & Jerk exceeding Personal Best by 2kg	3 Points
Heaviest Clean & Jerk exceeding Personal Best by 3kg	4 Points
Heaviest Clean & Jerk exceeding Personal Best by 4kg or more	5 Points
Final Total equalling Personal Best	1 Point
Final Total exceeding Personal Best by 1kg	2 Points
Final Total exceeding Personal Best by 2kg	3 Points
Final Total exceeding Personal Best by 3kg	4 Points
Final Total exceeding Personal Best by 4kg or more	5 Points

Six out of Six Bonus

Six (6) points will be awarded for all six attempts being judged "Good lift" by a majority of referees.

Penalty Points

The following Penalty Points will accrue for performances below Personal Best:

Heaviest Snatch 5kg below Personal Best	-1 Point
Heaviest Snatch 6kg below Personal Best	-2 Points
Heaviest Snatch 7kg below Personal Best	-3 Points
Heaviest Snatch 8kg below Personal Best	-4 Points
Heaviest Snatch 9kg or more below Personal Best	-5 Points
Heaviest Clean & Jerk 5kg below Personal Best	-1 Point
Heaviest Clean & Jerk 6kg below Personal Best	-2 Points
Heaviest Clean & Jerk 7kg below Personal Best	-3 Points
Heaviest Clean & Jerk 8kg below Personal Best	-4 Points
Heaviest Clean & Jerk 9kg or more below Personal Best	-5 Points
Final Total 5kg below Personal Best	-1 Point
Final Total 6kg below Personal Best	-2 Points
Final Total 7kg below Personal Best	-3 Points
Final Total 8kg below Personal Best	-4 Points
Final Total 9kg or more below Personal Best	-5 Points

Calculating the League Score

Percentage of World Record + Bonus Points* + Penalty Points = Final Score

*Maximum Bonus Points possible: PB snatch + PB clean & jerk + PB total + 6 out of 6 = 21 points

Personal Best

For the purposes of the QWA League in 2019, the Personal Best results for Snatch, Clean & Jerk and Total are those achieved in any official weightlifting competition held after 1st January 2017. Personal Best results are absolute and independent, i.e. the Personal Best Snatch, Personal Best Clean & Jerk and Personal Best Total may have been achieved in different events and in different bodyweight categories.

An entrant in any League Round who has not recorded a result in an official weightlifting competition after 1st January 2017 and therefore has no Personal Bests for the purpose of this League, will not receive PB Bonus Points or Penalty Points in that Round, but will be eligible for the '6 out of 6' bonus.

Grand Final

Participation in the Grand Final is limited to the fifteen (15) highest point scorers in each of Division 1, Division 2, Division 3 and Division 4, based upon the individuals' aggregate score from two of the three competition rounds.

If any of the fifteen (15) highest point scorers in a Division choose not to contest the Grand Final, available places will be offered to other lifters in the relevant Division according to the ranking order of the aggregate scores from two of the three Rounds, up until five (5) days prior to the Grand Final. No substitutions will be made less than five (5) days prior to the date of the Grand Final.

The Grand Final will be conducted according to the competition rules of the Australian Weightlifting Federation and scheduled as follows:

Scoring in the Grand Final is by the same method used in the League Rounds. Point scores are calculated to the third decimal place. If two or more competitors in a Division achieve identical scores, they will share the placing and applicable prize.

Grand Final Awards

Division 1

1st place: Gold medal
2nd place: Silver medal
3rd place: Bronze medal

Division 2

1st place: Gold medal
2nd place: Silver medal
3rd place: Bronze medal

Division 3

1st place: Gold medal
2nd place: Silver medal
3rd place: Bronze medal

Division 4

1st place: Gold medal
2nd place: Silver medal
3rd place: Bronze medal